GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

WHAT IS A POISON?

Is arsenic a poison? Is table salt a poison? Yes, both are poisons. The answer hinges, of course, on "how much." True, both chemicals are poisonous, but in vastly different degrees. It was once said that the amount is the poison. This thought is well worth considering.

Acetylsalicylic acid, commonly known as aspirin, is a deadly poison. It is far more poisonous than many of our agricultural pesticides. Yet two aspirin tablets every four hours is a common recommendation to combat many human ills. The amount is the difference between a useful product and a deadly killer.

Sedatives and sleeping pills are useful products when used as prescribed. How many times, however, do we read about a death due to an overdose of sleeping pills. The amount is the poison.

Pencillin is a chemical compound that is used to combat certain bacterial infections and helps save lives. Vitamins are chemical compounds which occur naturally in many foods, but also are added to processed foods such as milk and breakfast cereals. Even the air we breathe is a chemical.

There has been much said and written in recent years about the hazards of chemicals in our food supply and in our environment. Laws, rules and regulations governing the use of chemicals are appropriate and necessary. These safeguards must, however, be based on scientific facts and sound reason.

Remember, the amount is the poison!

Hint For the Week

Crayon Stain Remedies

When a crayon spots a garment or creates a streak of color throughout a laundry load, you may be very upset and concerned. But here are some suggestions that will help you remove these stains.

If there are a few spots on a washable garment, remove the surface crayon wax with a dull knife. Place the stained area between paper towels and press with a warm iron. This will blot out a good bit of the stain. Place the garment with the stain facedown on the paper towels and sponge the back of any remaining stains with a dry cleaning solvent. Let this dry and launder with a detergent or soap. If traces of color remain, wash the garment again,using chlorine bleach if it is safe for the fabric.

Another method may be an enzyme presoak product or oxygen bleach, using the hottest water safe for the fabric.

If crayon stains have spread throughout a load of clothes, try this: First wash the items with the hottest water safe for the fabric, using a laundry soap and one cup baking soda. If the color remains, launder with detergent or soap, using chlorine bleach if safe for fabric. Or you could use this method: Soak in an enzyme presoak product or an oxygen bleach, using the hottest water safe for fabric. Then launder.

Removal of stained crayons from garments as soon as they are discovered will make it easier to remedy the problem.

If you have a homemaking problem or question, you may call us at 352-8244 or write P.O. Box 488, Appomattox, Va. 24522. It's always a pleasure to hear from you and to help you.

Have a good week, homemakers!

RECIPE OF THE WEEK
Lettuce Salad

Put in layers
1 head lettuce chopped
1 can tiny green peas
5 stalks celery (Diced)
1 red onion sliced thin and broken into rings
1 tsp sugar (sprinkled over top)
1 pint of Mayonnaise (Spread on top)
5 tbsp. of Parmesan Cheese sprinkled on top
Cover and Chill.

Thanks to Refina George for sharing this delicious recipe with us. She served this at a church supepr recently and it was the hit of the evening.

Catholic Church To Sponsor Auction

Our Lady of Peace Catholic Church will sponsor an "Auction" on Saturday, June 2nd, beginning at 11:00 a.m. on the lot in the corner of Route 627 and Route 631, the building site for the new Catholic Church in our county. All proceeds will go toward the building fund.

If you have items that you would be kind enough to donate for this auction, call 352-5381 or 352-8620.

Percy George, auctioneer, has been kind enough to donate his time and will conduct the auction.

The Youth Group of Our Lady of Peace Catholic Church will be serving lunch so come on out and try the delicious food.

OAKVILLE

Rev. Randolph Martin of Winchester, Virginia spent the week end with Mrs. O. W. Martin Sr. and Mr. and Mrs. R. B. Martin.

Sunday dinner guests of Mrs. O. W. Martins Sr. and Mr. and Mrs. R. B. Martin were: Mrs. Carrie E. Moore, Mr. and Mrs. Hubbard Moore, Mr. O. W. Martin, Jr., Mr. and Mrs. Maurice Williams and daughter, Kathy of Forest, Virginia, Mr. and Mrs. Beverley Martin, Mr. David Martin, Mr. and Mrs. Tom Schmutz, Traci, Jennifer and Edward. Others visiting in this home in the afternoon were Mrs. Elizabeth Wolfrom and Mrs. Peggy Becker.

Mr. and Mrs. Murrell honored his mother Mrs. Jordon with Sunday dinner. Others attending the dinner were Mr. Louis Moore, Eva, and Curtis Moore.

Those visiting in the home of Mr. and Mrs. Buddy Wilcox, Sherry and Jeffrey on Sunday were: Mr. and Mrs. Robert Martin, Robin Bobby, Roxanne and David Hicks. Mr. and Mrs. Harold Martin, Lewis and Hunter, Mr. and Mrs. Donnie Moore, Kevin, Audrey, and Nicole and Mr. and Mrs. James Martin. The occasion was to celebrate Harold's birthday and Mother's Day.

Sunday dinner guest of Mrs. Marshall Martin were: Mr. and Mrs. Riley Megginson, Mr. and Mrs. Garland Plunkett, Mr. Gordon Martin, Steppie, Millie and Timmy, Mr. and Mrs. Keith Martin, Cindy, Nita and Jason, Mr. and Mrs. Ray Page, Mr. and Mrs. Johnie Kern, Tommy and Vicki.

Mr. and Mrs. James Martin were supper guests in this home. All of which was in celebration of Mother's Day.

Mr. and Mrs. Fred Martin were visitors in the home of Mrs. Marshall Martin on Friday morning.

Mrs. Riley Megginson entered Virginia Baptist Hospital Sunday for tests.

Congratulations to Mr. Doug Marshall upon receiving his B. A. Degree in Health and Physicical Education f r o m Lynchburg College on Saturday, May 12, 1979. Those attending the exercises were his parents, Mr. and Mrs. Jimmy Marshall, grandparents, Mr. and Mrs. W. Clarke Moore, sister, Miss Kathy Marshall, Miss Rita Ferguson, Mr. and Mrs. Herbert Richardson, Mr. and Mrs. Clarke Lewis.

Miss Kathy Marshall of Madison University spent the week end with her parents Mr. and Mrs. Jimmy Marshall.

Mrs. Irma Taylor visited Mrs. Clarke Moore Thursday evening. Other visitors during the week were Mrs. Benford Phelps and Mrs. Pauline Phelps.

Mr. and Mrs. Jimmy Marshall, Doug and Kathy were dinner guests of Mr. and Mrs. Clarke Moore Sunday.

Mr. and Mrs. Jimmy Marshall, and Kathy visited Mrs. Wheeler Jordan, Mr. and Mrs. Malcolm Jordon on Sunday.

Mr. Aubrey Moore is a patient of Lynchburg General Marshall Lodge Hospital. We wish him a speedy recovery.

Mr. and Mrs. Twyman Phelps and Mrs. Alice Drinkard attended the wedding of Mrs. Ira Phelp's grandson Danny Lindsay at New Chapel Baptist Church on Saturday afternoon.

Mr. Wayne Irby is in Virginia Baptist Hospital. His friends and relatives wish for hime a quick recovery.

Revival Services at Reedy Spring Baptist

Reedy Spring Baptist Church Revival services will begin Sunday morning, May 20, at the 11 o'clock worship service and continue each night at 7:30 through May 25.

The Rev. Arlon Davis from Kentucky will be the guest speaker.

The nursery will be provided each night.

Rev. Jim Simpson, pastor, invites everyone to attend.

CATHOLIC CHURCH SERVICES BEING HELD AT OAKVILLE SCHOOL

Our Lady of Peace Catholic Church is now holding church services each Sunday at 9 a.m. at the Oakville School building.

For additional information call 352-8620.

Members and friends are invited to attend.

ST. LUKE

The Cornerstone Baptist Sunday School Union which met with the Greensprings Baptist Church was a success. Well enjoyed by all attendants. Rev. C. Jackson was the guest speaker. The president, Rev. T. M. Venerable was present and in charge. At the close of the meeting the ladies of the church served a bountiful lunch.

May 6th at 11:00 p.m. the regular preaching service was well attended by members, visitors and friends. The pastor Rev. J. E. McLaughlin was present and in charge. Mrs. Josephine Nowlin at the piano. The adult choir gave the music. The young adult ushers served very beautifully with their care of visitors and all attendants to the occasion. The pastor gave a challenging Mother's Day message. As the services proceeded the Mother's Day occasion. The offering was good.

Mrs. Cathrine Tweedy, and Mrs. Louise Canada went to Baltimore the evening of May 6th to attend the funeral of Mrs. Mattie Canada, wife of Mr. Moses Canada. While there they spent the week end in the home of Rev. and Mrs. A. D. Nance, 2809 W. N. Avenue. While there they went in to see Mrs. Geneva Hancock of Baltimore. On May 11th many of the St. Luke senior citizens attended the Sixth Annual Session of the Campbell Co. Senior Day was nice and enjoyed by them.

Mr. Samuel Canada and wife Anna and little grandaughter Katagua also Mrs. Louise Canada left Saturday to attend the graduation exercises at Norfolk State College for May 13th from which their son and grandson of Mrs. L. M. Canada was a graduate in the Division of Business Bachelor of Science in Accounting.

Gregory Elroy Canada, Cum Laude, after this they traveled back to Richmond to the home of a son and wife, Mr. and Mrs. Alfred Canada and they attended a Mother's Day dinner prepared by Mrs. Alfred Canada and friends. This was enjoyed. A sister Remona Canada came in by plane to attend the event Saturday from Baltimore, Md. Miss Shirley Hubbard of Lynchburg formally but now is occupied in Richmond was present also and helped toward the Mother's day dinner. After a beautiful and an interesting day the Canada's arrived home in Route 1 at 9:30 p.m. Sunday.

Mr. Canada is improving nicely after an urgical treatment at Lynchburg General Hospital. He wants to thank all person's for help. Cards, finance and visits to hime in times like these.

Third Sunday Preaching Service will be observed at St. Luke Sunday, May 20 at 11:00 a.m.

There will be a sing-a-rama at the White Oak Grove Church Friday evening May 18th at 7:30.

The Sing-a-rama will benefit the convention which will have its 1 day session the 19th beginning at 9:00 a.m. the 19th. All schools of the occasion are asked to please be present.

Mrs. Ardelia Stokes and a friend were visitors in the hom of Mr and Mrs. Chas. H. Canada recently. They are from Richmond.

Mrs. Martha Gilbert remains in Virginia Baptist Hospital and is in fair condition.

Receives Degree

Steven Mark Eggleston of Route 2, Appomattox, participated in graduation exercises on Saturday, May 12th, from the School of Pharmacy of the Medical College of Virginia, Richmond. He was awarded the Bachelor of Science degree for the completion of the five-year curriculum.

A 1974 graduate of Appomattox County High School, he will now be accepting a job in Fredericksburg at Mary Washington Hospital as a Staff Pharmacist.

Mark is the son of Mr. and Mrs. Floyd L. Eggleston of Appomattox.

Zion Baptist

You are cordially invited to attend the regular preaching service at the Zion Baptist Church Sunday at 11 a.m. The guest for the hour will be Rev. Raymond Turner from the St. Mark Church in Amherst, Virginia.

Mr. and Mrs. Frank Durgee was happy to have their children and grandchildren home for Mother's Day.

Miss Mary C. Brown is slowly improving in a Richmond hospital taking special treatment. A speedy recovery to her.

Mr. and Mrs. Willie Edward of Baltimore, Maryland visited Deacon and Mrs. Ross Edwards over the week end. Those visiting Mrs. Lizzie Mack for Mother's Day. Mr. and Mrs. Robert Byrd, Mr. and Mrs. Junior Hayes, Mrs. Beatrice Walker, all from Richmond, Virginia. The male chorus served a delicious breakfast at the Zion Baptist Church Sunday at 8 a.m. to 9 a.m. each and every one enjoyed the special breakfast for Mother's Day. They served eggs, bacon, pancakes, sausage, salmon cakes, biscuits, coffee, iced tea and juice. These Pamplin men can really cook.

Mrs. Estelle Allen of Farmville died Saturday. Our sympathy goes out to the family.

Mattie and husband are still home helping her mother. She is still taking treatment in Charlottesville.

Recent guest in the Franklin home were Mr. Pete Flood of Baltimore, Md. Mr. and Mrs. Willis Carrington of Washington, D. C.

Magnolia appreciates all the ones who are so concerned toward her.

Geraldine West returned to Brooklyn, New York spending three weeks with her uncle and aunt, Mr. and Mrs. Sylvester Ferguson.

Don't Blow Up Over Gasouts

RICHMOND, VA. - May 14 - The tiger in your tank could become a terror in your trunk, warns the Insurance Information Institute. "Fuel shortages and gas station closings tempt people to store extra gasoline in car trunks, homes and garages," says Walter G. Muller, regional manager Aetna Insurance Company and chairman of the Institute's Virginia advisory committee. "That's not only dangerous, it may be illegal."

According to the Virginia Energy Office, state law and local ordinances prohibit individuals from storing more than a gallon of gasoline. Even a gallon must be kept in an approved container and never in a car trunk or passenger compartment.

"Gas kept in a car trunk - where there is high heat and the risk of a rear-end collision - invites property loss, tragic injury or death," says Mr. Muller. "At home, permitted amounts of gasoline should only be stored in a proper container outside or in a structure removed from the house. Gas should never be kept in the basement or attached garage and should not be stored near heating devices, electrical power equipment, open flames or pilot lights."

Approved gasoline containers bear Underwriters Laboratories (UL) or Factory Mutual System (FM) certification. They are designed with spring-lock caps, special pressure valves and flame protection devices to minimize the risk of explosion and fire.

"The inexpensive metal gas cans that are widely available are not approved storage containers," says Mr. Muller, "and glass and plastic jars or bottles should never be used. The safest place to store gasoline is in the gas tank of your car."

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A Guide On How To Be Ready For Emergencies

Information From Your Emergency Services Coordinator

Like it or not, emergencies are a fact of modern life. They come in all shapes and sizes, from little power outages to big, powerful tornadoes. They come all year 'round, too. Spring floods to fall hurricanes. Summer brownouts to winter blizzards.

At the very least, these emergency situations are an inconvenience...even when you are prepared. But they can turn into a real struggle against the elements if you and your family are not ready to "STANDBY."

WHAT TO DO WHEN THE LIGHTS GO OUT.

Perhaps the most common form of emergency is the power outage. Simple as it is, it can be downright frightening at night ...in the middle of a storm...when you're all alone.

The first thing to remember is "Don't Panic." Darkness is inconvenient as well as scary, but most households have some kind of "STANDBY" light source available.

Candles

Remember those decorative candles in the family room or those tapered candles that add romance to your candlelight supper? You'll really appreciate them when the lights go out. Hurricane lanterns (candles with glass chimneys) are another good source of "STANDBY" light.

Be sure to keep matches or a lighter close by. All the candles in the world won't help you any good if you don't have a way to light them. Always use well away from flammable materials.

Flashlights

Keep flashlights and spare batteries handy for emergency use. They provide a convenient and portable light source both inside and outside your home.

When storing flashlights for long periods, remove the batteries and keep them easily accesible with other emergency supplies.

If you have any pocket flashlights, keep spare batteries for them as well. Periodically recharge rechargeable models according to directions, to be sure of light when you need it.

Lanterns

Lanterns used for recreational purposes are another good source of "STANDBY" light. Rechargeable battery-powered lanterns are easily stored and operated by almost anyone. Many new models have sealed batteries which require no filling. They light as soon as they're taken off the shelf, and operate 10 to 15 hours before recharging is necessary. That is long enough to get you through most emergency situations. Recharge periodically during storage to keep the batteries topped up.

Gasoline and propane fueled lanterns are economical and powerful "STANDBY" light sources. They will light up a large area for family activities, meals or just added security. Because fueled lanterns are designed for outdoor use, any use of them in confined areas must be done carefully. Both gasoline and propane lanterns use oxygen as they burn so adequate ventilation is a must for safe operation.

Be sure to store these lanterns and extra fuel in a cool dry place away from any open flame and never indoors if there are lighted candles, pilot lights or other open flames around. Always wipe up spilled fuel and dispose of outdoors in a safe place.

Keeping in Touch

Emergencies have a way of making you feel alone and helpless. Televisions, clocks and radios are useless without power. Telephone service can also be interrupted.

To keep in touch with your community you'll want to have a battery-powered transistor radio on hand for emergency use. Store extra batteries in the same place you store your portable radio. Now you can monitor the news of the outside world and feel more secure.

For actual two-way communication, you may consider walkie talkies or citizen band (CB) radios. Remember, unless they have their own power source, they will be useless in time of power failure, too.

Car radios and citizen band radios in cars are good "STANDBY" communication. Your car battery provides the power. Your car engine is always available for a quick recharge.

KEEPING YOUR COOL

If it's hot outside, an emergency that includes power failure will probably get you pretty hot under the collar. Without air conditioning heat is often hard to take, but there are still ways to keep your cool.

The best way to avoid the heat is to shut all draperies, (shutting out the sunlight) and withdraw to an interior room. Close all connecting doors behind you. If you have a basement, relax there, for it will be the coolest part of your house.

If the power failure is of a long duration, you will be concerned about perishable foods. Foods will remain frozen between 36 and 48 hours in a fully loaded freezer when the door is kept shut. If the freezer is half full, food should be fine for about 24 hours. Frozen meat keeps longer than packaged foods. Frequent openings will accelerate thawing.

To avoid opening refrigerator and freezer doors any more than necessary, you may want to transfer the foods you will use soonest into a good chest-type cooelr.

If you are able to obtain ice nearby, transport as much as possible using one of your coolers.

"BABY, IT'S COLD OUTSIDE."

Cold weather emergency preparedness is a must across much of the U.S. The hard winters and heavy snows of the last few seasons have taken their toll on those who were not ready to "STANDBY."

Winter standby gear should include extra bedding and plenty of warm clothing. You may want to substitute sleeping bags (the same ones you use for camping or slumber parties) for added warmth.

Dress in layers adding sweaters and warm outercoverings as needed. The more you keep moving, the warmer you'll be.

For heat you will want to crank up your fireplace (if you have one) and keep a good fire going. For outlying rooms catalytic heaters are an excellent source of heat. They are available in gasoline and propane models to complement your other fueled appliances.

Remember, heaters require the same precautions for adequate ventilation as any burning appliance used indoors. In addition, kerosene heaters should be done outdoors. Only after the open flame is gone can you safely take a catalytic heater indoors.

If more than one heater (or other burning appliance) is used in the same area, increase ventilation accordingly. All burning appliances use oxygen.

FOOD FOR THOUGHT

People get hungry in an emergency just like they do any other time. For short power outages you can probably get along quite well right out of the pantry or refrigerator. For longer outages, however, you will want to find a good "STANDBY" cooking source.

Camp Stoves

Picnickers, campers, fishermen and other outdoorsmen have been using them for years. Camp stoves come in one, two and three-burner varieties. They are available in white gas or propane models, and make "STANDBY" meals a snap.

Many housewives are amazed at how conveniently they can cook normal meals on a camp stove...you can even use regular cooking utensils. And nothing beats a good home cooked meal to calm down a family in time of emergency.

You'll want to set up temporary cooking facilities in a well ventilated area. A good place for a stove is right on top of your electric range but never with the fuel tank over a burner that might come on with the power. The overhead vent provides some ventilation, but be sure to keep a window open slightly as well.

Charcoal Cooking

Charcoal cooking devices are suitable for outdoor use only, and must never be used inside. The fumes emitted from the burning coals are deadly and odorless. So if you must use charcoal for cooking, do it with extreme caution.

The Open Fire

It will take a little bit of time to master the art of cooking over an open fire, but if you have a fireplace and some patience you can put together some interesting meals. Boy Scout, Girl Scout and Campfire Girls manuals abound with recipes.

You will probably not experience any immediate food shortage in an emergency, although the variety may not be what you're used to. Keep a supply of canned goods on your emergency shelf and a hand operated can opener. Remember, in time of emergency your electric can opener will do you no good.

Check your emergency food supply regularly and recycle foods back into normal use from time to time. Replenish as needed and you will always be assured a fresh food supply.

Take special care of fresh and frozen foods. In winter keep fresh foods from freezing by putting them in a camp cooler or other insulated container. In the summer take care that fresh foods stay cool and frozen foods keep from thawing. (See next section of "Keeping your cool.")

WATER: THE LIFE GIVING FLUID

Water is usually not a concern in short term emergencies. Power outages generally don't affect the flow of water. Floods, earthquakes and the like, on the other hand, can contaminate or completely interrupt normal water supply.

A few simple precautions can get most families out of hot water in time of emergency. First, store a supply of water in clean containers. Picnic jugs which are normally stored empty can be stored with an emergency water supply. Water stored in this manner can be kept for up to six months before replenishing. You may want to keep a supply of bottled water, too. If you expect your water supply to be cut off, fill your bath tubs. You may use this supply for bathing, filling toilets, washing dishes, etc.

If water becomes contaminated, it can be treated easily with potable water tablets. These are available at any drug or hardware store and should be kept on your emergency shelf. Water can also be purified with household bleach. Use eight drops per gallon of water. Use bleach that contains hypochlorite as its only active ingredient. Stir and shake the water thoroughly and allow to stand about one-half hour before drinking. The taste or smell of chlorine will tell you that the water is safe. (Double the drops of bleach is water is cloudy.)

You can also freeze containers of water and melt as needed.

HOW TO "STANDBY" IN YOUR CAR

Yes, emergencies can strike while you're in your car, too, so you'll want to be prepared. Many of the "STANDBY" items you need are already there - interior lights, heater, radio and even a 12-volt, rechargeable power source, as long as the gas hold out.

Try to keep your car filled with fuel. Filling station gas pumps are electrically operated.

Items you may want to keep in your glove compartment or trunk are a flashlight and extra batteries, sleeping bag or warm blanket, a jug of water and a high-protein food source.

You will want to conserve gasoline while you are stranded, running the car for heat only as needed. Usually ten minutes each hour will keep you fairly comfortable. Make sure your exhaust pipe is unobstructed and provide some ventilation inside your car.

Be sure to conserve battery power too. If you must use the radio or any other accessory, do so when the car is running or for short times only.

To signal for help you can use your horn, flashlight, or citizen band radio. Above all, remain calm and stay by your car. You are usually safer right there.

STORING "STANDBY" EQUIPMENT

Throughout this booklet we have made reference to "an emergency shelf" as a place where your emergency supplies are kept. We strongly urge you to keep "STANDBY" equipment in one place you can reach conveniently in time of emergency. This could be a shelf, a closet or a special corner of your basement.

Make a point to check your "STANDBY" equipment monthly. If you use any of the equipment for other activities such as camping, be sure to replace the used item immediately. Many families keep a clipboard or notebook listing the supplies on their "STANDBY" shelves. When equipment is removed from the shelf a notation is made. This way you can keep track of "STANDBY" supplies as well as monitor recycling of food and water, refilling of fueled appliances, etc.

Speaking of fuel, be sure to store fuel for camp stoves, lanterns or catalytic heaters in a safe place. The best location is a well ventilated area, preferably outside your home.

Gasoline should be kept in a metal container. Gas fumes can in time permeate plastic containers, so use them only for transporting fuels...not storage. Never use glass containers.

Keep unopened supplies of stove, lantern and heater fuel on hand. More fuel is needed during the winter. Empty old fuel from appliances and refill with fresh fuel to avoid rusting or clogging parts. Always fill these appliances outdoors using a funnel to avoid potentially dangerous spillage.

YOUR CHECKLIST FOR EMERGENCIES.

Food: ☐ Coolers, ☐ Canned Goods, ☐ Hand operated can opener, ☐ Cook Stove, ☐ Fuel, ☐ Matches, ☐ Spare Parts.

Water ☐ Canned Water, ☐ Water Jugs, ☐ Frozen Containers, ☐ Water Purification Tablets (or bleach).

Light ☐ Hurricane Lamps, ☐ Candles, ☐ Flashlights, ☐ Extra Batteries, ☐ Rechargeable Lanterns, ☐ Fueled Lanterns, ☐ Extra Mantles, ☐ Fuel, ☐ Matches.

Heat ☐ Firewood, ☐ Catalytic Heaters, ☐ Warm Blankets, ☐ Sleeping Bags, ☐ Fuel, ☐ Matches.

Communication ☐ Portable Radio, ☐ Extra Batteries, ☐ Citizen Band Radio.

For additional information you are asked to contact your Emergency Services Coordinator, W. R. Britton, Jr.

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Most important, don't drive on tires you aren't sure of.

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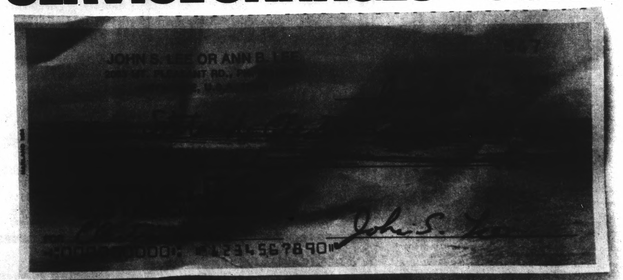

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